

ABSTRACT

The present invention provides an oral composition comprising capsule particles that are easily breakable to thereby 5 readily release and distribute the capsule contents when used, while leaving substantially no feeling of capsule component residues or foreign matter in the mouth when rinsing. More specifically, the present invention relates to a capsule-containing oral composition comprising capsules with a capsule 10 breaking point strength of 0.05 N or less when measured using a rheometer.